LAURELHURST

COMMUNITY CENTER

4554 NE 41st Street

Seattle Department of Parks and Recreation

206-684-7529



FALL 2003/WINTER 2004

Fall and Winter 2003-04

60	7	Aug	ust 2	003		1/3
	190				1	2
3	4	5	6	7 Summer Concert 4	8	9
10	11	12	13	Summer Concert 5	15	16
17	18	19	20	21	22	23
24 31	25 Mail-in Regis. Fall Classes, Lil'Tikes & Nerf Soccer	26	27	28	29	30

	10		Decer	nber	2003		
		1	2	3	4	5	6
7	7	8	9	10	11	12	13
	14	15 Winter Class & Tikes Mail-in Registration	16	17	18 Christmas Ship	19	20
100	21	22	23	24	25 Christmas Observed CLOSED	26	27
	28	29 Walk-in Regis. Winter Classes	30	31			

ı	September 2003						
		LABOR DAY CLOSED	2	3	4	5	6
j	7	Walk-in Registration Fall Classes	9	10	11	12	13
i	14	15 Fall Classes Begin	16 VOTING DAY	17	18 Short Shot Walk-in Registration	19	20
i	21	22	23	24	25	26	27
I	28	29	30				

(m	Service of the servic	000000000000000000000000000000000000000	Janu	ary 2	004		
9					New Years Observed CLOSED	2	3
S. C. C.	4	5	6	7	8	9	10
e e	11	12	13	14	15	16	17
	18	19 Martin Luther King Day CLOSED	20	21	22	23	24
1	25	26	27	28	29	30	31

		Oct	tober	2003		1
			1	2	3	4
5	6	7	8	9	10	Walk-in Youth B-Ball Reg. 9-11 am
12	13	14	15	16	17	18
19	20	21	22	23	24 Halloween Carnival	25
26	27	28	29	30	31	

4		Febru	uary 2	2004		100
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 PRESIDENTS DAY CLOSED	17	18	19	20	21
22	23	24	25	26	27	28
29			2	E		

	Nover	mber	2003		
					1
3	4 VOTING DAY	5	6	7	8
10	VETERANS DAY - CLOSED	12	13	14	15
17	18	19	20	21	22
24	25	26	27 THANKSGIVING CLOSED	28 THANKSGIVING CLOSED	29
	3 10	3 4 VOTING DAY 10 11 VETERANS DAY - CLOSED 17 18	3 4 5 VOTING DAY 10 11 12 VETERANS DAY-CLOSED 17 18 19	3 4 5 6 VOTING DAY 10 11 12 13 VETERANS DAY - CLOSED 17 18 19 20 24 25 26 27 THANKSGIVING	3 4 5 6 7 10 11 12 13 14 VETERANS DAY-CLOSED 19 20 21 24 25 26 27 28 THANKSGIVING THANKSGIVING

	3/1	The same	Day Of L		65.00	1	
			Mar	ch 20	004		6.00
(Track Registration Begins	2	3	4 Girls Softball Registration Begins	5	6
I	7	Mail-in Regis. Spring Classes/Sports and Lil' Tikes	9	10	11	12	13
	14	15	16	17	18	19	20
	21	Walk-in Regis. Spring Classes Indoor Nerf Soccer Regis. Beg.	23	24	25	26	27
CORP. ACC., N	28	29	30	31			

LAURELHURST

COMMUNITY CENTER

REGISTRATION DATES

FALLQUARTER

<u>Mail-in:</u> August 25 – Lil Tikes & Classes <u>Walk-in:</u> Sept. 8, 11:00 a.m. – Classes August 25 – Nerf Soccer Only

WINTER QUARTER

Mail-in: Dec. 15 – Lil' Tikes & Classes Walk-in: Dec. 29, 11:00 a.m. – Classes Short Shot Basketball: Ages 6-7, Sept. 18 Youth Basketball: Ages 8 & Up,

October 11, 9-11 a.m.

at Laurelhurst Community Center

PROGRAM DATES Fall: Sept. 8-Dec. 19 Winter: Jan. 5-Mar. 28

COMMUNITY CENTER

4554 NE 41st Street (206) 684-7529 Fax (206) 522-6029

Mon., Wed., Fri. 11:00 am-9:00 pm Tues., Thur. 1:00 pm-9:00 pm

Closed Saturday & Sunday

LAURELHURST GYMNASIUM

 4533 47th Ave. NE
 206-684-7531

 Monday-Friday
 4:00-9:00 pm

 Saturday (beg. Sept. 20)
 10:15 am-4:45 pm

 Sundays – Closed

HOLIDAY CLOSURES

Labor Day Monday, Sept. 1
Veterans Day Tues., Nov. 11
Thanksgiving Thurs., Fri., Nov. 27 & 28
Christmas Thurs., Dec. 25
New Years Day Thurs., Jan . 1
Martin Luther King Day Mon., Jan. 19
Presidents Day Mon., Feb. 16

PROFESSIONAL STAFF

Ken Bounds - Superintendent

Christopher Williams – Recreation Director Maureen O'Neill – Recreation Programs Mgr. Dave Yim – Recreation Center Coordinator Yolanda Abarca – Asst. Rec. Center Coord. Susie Malmquist - Teen Leader Mputela Scott - Recreation Attendant

Noel Diaz – Recreation Attendant Berto Mendoza – Recreation Attendant

Alice Calloway – Maintenance Laborer

ADVISORY COUNCIL

Kent Mettler – President Al Hovland – Member

Robert S. (Wally) Keyser - Treasurer

Don Torrie – Member Jennifer Biely – Member Kathleen Turner – Secretary Suzanne Uchida – Member Patrick Howard – Member

FOR YOUR INFORMATION

New Registration Procedures

Mail-In Registration

Mail-in registration is fast and easy! Sign up now for your favorite classes by filling out and mailing in the handy registration form on the back page of this program. Registration will be taken until classes are full. All mail-in registrants will be processed in the order received. Mail-in registration is done by lottery selection and class enrollment is limited. Please note your first and second class selections on your registration forms to facilitate processing should your first class selection be filled. No class confirmation notices will be sent. Registrants WILL ONLY be notified by phone in the event that a class is cancelled or at capacity. Mail-in registration must be postmarked no sooner than **Aug 25** for *Fall* and **Dec 15** for *Winter* quarters. Mail-in registration received prior to these dates will be processed after the first day of mail-in registration.

Walk-In Registration

Walk-in registration for *Fall Quarter* begins **Sept. 8** and *Winter Quarter* begins **Dec. 29**. Registration for classes will start at 11:00 am for all classes except those classes with special registration dates. Registrations are accepted until classes are full.

Waiting Lists

Wait lists will be formed for all filled classes. Be sure to sign up on the wait list as class openings may become available. If wait-list demands are high, additional classes may be formed.

Class Minimums

Class minimums are established to cover all fixed costs of a program. Minimums must be met in order for a class/program to begin. If minimums are not met, parents will be notified 1 to 2 days before the start date. The class/program will first be postponed one week in order to allow for additional enrollments. After this, classes not meeting minimums will be cancelled.

Payment

Please pay by personal check, money order or credit card when registering. NO CASH! Make check payable to Laurelhurst Advisory Council (LAC). Visa, MasterCard and American Express accepted. **\$20 charge for returned checks.**

Table of Contents

Youth Music	4
Toddler Play Zone & Youth Dance	5
Youth Clay & Art Classes	6
Youth Sports & Fitness	7-8-9
Teen Scene	9
Special Events	10
Adult Activities & Fitness	11
Adult Fitness	12
Adult Tennis	13
Adult Music and Dance	14
Policies and Procedures	15
Registration Form	16

Fall 2003/Winter 2004 PAGE 3

Youth Cultural & Performing Arts

Music For Kids

Flute/Recorder Instruction

2:00-7:30 pm Age 7 and up Tuesdav Fall: Sept 16-Nov 25 10 weeks \$140 2:00-7:30 pm

Tuesdays (No class Nov 11)

Winter: Jan 6-March 9 10 weeks \$140

Tuesday 2:00-7:30 p.m.

Private instruction. Enjoy the wonderful world of flute and recorder music. We'll work on tone development, finger position, posture, breathing and reading. This class will help the student develop their musical potential on the flute or recorder. Flutist Trudy Sussman Antolin will teach ten half-hour lessons. Please call to schedule your regular time slot. Younger students may register but only with permission from instructor.

Saxophone Instruction

Days and Times: TBA Age 7 and up

Fall: Sept 16-Nov 25 10 weeks \$140

(No class Nov 11)

Winter: Jan 6-March 9 10 weeks \$140

Private instruction. The saxophone is a popular instrument in jazz. It has an expressive voice and is enjoyable to listen to when played correctly. Students will focus on the fundamentals of tone production and reading music. Instructor Bob Antolin will give one half-hour lesson per week. Please call to schedule your regular time slot.

Piano Lessons

Age 7 and up Fall: Sept 16-Nov 25 10 weeks \$140

Tuesday 2:00-7:30 pm Winter: Jan 6-March 9 10 weeks \$140

2:00-7:30 pm Tuesday

Explore classical and contemporary music, and music theory as you learn to play the piano. Students of all levels will receive one personalized half-

hour lesson per week. Space is limited. Please call to schedule your regular time slot. Younger students may register but only with permission from instructor.

Instructor: Trudy Antolin

CLASSES MEETAT THE COMMUNITY CENTER.

Early Childhood Music



Toddler Tunes

(ages 15 months-3 years with parent)

Fall: Sept 23 – Dec 9 (no class Nov. 4 & 11) Tuesdays 10:00-10:45 am 10 weeks \$78

Winter: Jan 6-Mar 10

Tuesdays 10:00-10:45 am 10 weeks \$78

Come sing, dance and play games and instruments to classic folk tunes and rhymes. We shall go round and round the village with hoops as well as dance scarves. We shall sing simple songs and echo simple rhythms

> that will support your child's education in music and language! Song sheets and information are on music activities to do at home are included. Instructor Cindy Rothwell is a certified early childhood music instructor who has been teaching

young children for over fifteen years.

Min: 8/Max: 12

Babies Sing and Play

(ages 2 months-15 months with parent)

Fall: Sept 23 - Dec 9

Tuesdays 11:00-11:45 am 8 weeks \$64

(No class Nov. 4 & 11) Winter: Jan 6-Feb 24

Tuesdays 11:00-11:45 am 8 weeks

Activities include singing, dancing, instrument play, baby exercise, and creative movement. For babies two months to fifteen months of age and an accompanying adult. Instructor Cindy Rothwell is a certified early childhood music instructor who has been teaching young children for over fifteen years.

Min: 8/Max: 12

PAGE 4 Fall 2003/Winter 2004

Toddler Play Zone

Two's and Three's Art and Playgroup

(plus parent/caregiver)

Fall:

Sept 15-Nov 17	Mon	10 am-12 pm	10 weeks	Fee: \$110
Sept 17-Dec 17	Wed	10 am-12 pm	12 weeks	Fee: \$132
(No class Nov 26 ar	nd 1 day TBA)			
Sept 18-Dec 18	Thurs	10:30 am-12:30 pm	12 weeks	Fee: \$132
(No class Nov 27 ar	nd 1 day TBA)			
Winter:				
Jan 5-Mar 29	Mon	10:00 am-12:00 pm	10 weeks	Fee: \$110
(No class Jan 19, Fe	eb 16 and 1 day T	BA)		
Jan 7-Mar 31	Wed	10:00 am-12:00 pm	11 weeks	Fee: \$120
(No class 2 days TB	(A)			
Jan 8-April 1	Thurs	10:30 am-12:30 pm	11 weeks	Fee: \$120
(No class 2 days TB	(A)			

The focus of this popular class will be interactive play and exploration of varied art mediums. The class includes circle time, stories, music, indoor and outdoor play, snack time, and art projects such as: paint, clay, collage, and much more! This early experience in a group setting assists the child in developing simple social skills. It is a parent-participation class. Parents can enroll their child in all classes. Instructors: Mondays - Lynn Brevig, Wednesdays and Thursdays - Chraci Thadeus.

Parents/caregivers also help with clean-up and take turns providing snacks. Minimum: 9/ Maximum: 13.



Drop-In Toddler Playland

Ages 5 and under

Fridays 11:00 am-1:00 pm Fee: \$1.00

For our drop-in playland the entire center is set up with a variety of play equipment, toys and more for parents and children to interact with. When you and your child participate in this unique program, your child's world will expand in exciting new ways. Don't miss out on this opportunity to help your child develop important socializing skills in this safe, supportive, and parent-supervised environment.

Youth Dance

Mommie and Me Up to age 3

Fall:

Sept 22-Dec 15 (One day off - TBA)

12 weeks Monday 3:30-4:00 pm Fee: \$58

Winter:

Jan 5-March 29 (no class Jan 19, Feb 16)

11 weeks Monday 3:30-4:00 pm Fee: \$53

Parent and toddler come and explore dancing in a fun-filled half-hour. Music, scarves and songs are used to inspire new kinds of moving for the children (and perhaps the parent!) Instructor: Darrah Blanton. Minimum: 5/Maximum: 8

Ballet Ages 5-7

Fall:

Sept 22-Dec 15 (One day off - TBA)

12 weeks Mondays 4:15-5:15 pm Fee: \$84

Winter:

Jan 5-Mar 29 (No class Jan 19, Feb 16)

11 weeks Monday 4:15-5:15 pm Fee: \$77

For the more serious dance student this class offers an introduction to barre work and ballet vocabulary. The five positions as well as large travelling steps across the floor are emphasized, but free expression is always encouraged. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and ballet slippers, and have hair secured.

Instructor: Darrah Blanton. Minimum 5/Maximum 8.

Pre-Ballet Ages 3-5

Fall.

Sept 22-Dec 15 (One day off - TBA)

12 weeks Monday 2:30-3:15 pm Fee: \$66

Sept 17-Dec 17 (One day off - TBA)

13 weeks Wednesday 2:30-3:15 pm & 3:30-4:15 pm

Fee: \$72

Winter:

Jan 5-Mar 29 (no class Jan. 19 & Feb 16)

11 weeks Monday 2:30-3:15 pm Fee: \$60

Jan 7-Mar 31 (One day off - TBA)

12 weeks Wednesday 2:30-3:15 & 3:30-4:15 pm Fee: \$66

This class introduces the concepts of rhythm, shape, size and speed in a fun, energetic environment. Self expression and creativity are encouraged, and games, songs, props and stories are incorporated throughout the class. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and have hair secured; ballet slippers are optional.

Instructor: Darrah Blanton Minimum 5/Maximum 8





Youth Clay Classes

Clay for Small Hands Ages 3 & 4

Fall:				
Sept 16-Nov 4	Tues	2:30-3:00 pm	8 weeks	Fee: \$46
Sept 17-Nov 12	Weds	1:30-2:00 pm	9 weeks	Fee: \$52
Fall Mini Session		•		
Nov 18-Dec 16	Tues	2:30-3:00 pm	5 weeks	Fee: \$30
Nov 19-Dec 17	Weds	1:30-2:00 pm	5 weeks	Fee: \$30
Winter		•		
Jan 13-Mar 9	Tues	2:30-3:00 pm	9 weeks	Fee: \$52
Jan 14-Mar 10	Weds	1:30-2:00 pm	9 weeks	Fee: \$52

Kids will enjoy making their own tiles, garden art, treasure bowls and more. Students are encouraged to be creative and experiment with texture, shapes and color. Parents/caregivers are welcome to participate. *All materials are included*.

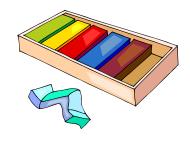
Instructor: Amanda Wilton-Green. Minimum: 5 / Maximum 6

Ceramics for Kids Ages 7-9

Fall:				
Sept 17-Nov 12	Weds	4:30-5:00 pm	9 weeks	Fee: \$80
Fall Mini Session:				
Nov 19-Dec 16	Weds	4:30-5:00 pm	5 weeks	Fee: \$45
Winter:				
Jan 14-Mar 10	Weds	4:30-5:00 pm	9 weeks	Fee: \$80

Classes will introduce different techniques in clay (pinch, coil and slab) using creative NEW projects – some never seen before! Learn about how different cultures have used clay and make some pieces that can be used at home. All materials included.

Instructor: Amanda Wilton-Green. Minimum 5/Maximum 8



Clay Creations			Ages 4-6		
	Fall:				
	Sept 16-Nov 4	Tues	3:30-4:15 pm	8 weeks	Fee: \$60
	Sept 17-Nov 12	Weds	2:15-3:00 pm	9 weeks	Fee: \$68
	Sept 17-Nov 12	Weds	3:30-4:15 pm	9 weeks	Fee: \$68
	Fall Mini Session	1:			
	Nov 18-Dec 16	Tues	3:30-4:15 pm	5 weeks	Fee: \$38
	Nov 19-Dec 17	Weds	2:15-3:00 pm	5 weeks	Fee: \$38
	Nov 19-Dec 17	Weds	3:30-4:15 pm	5 weeks	Fee: \$38
	Winter:				
	Jan 13-Mar 9	Tues	3:30-4:15 pm	9 weeks	Fee: \$68
	Jan 14-Mar 10	Weds	2:15-3:00 pm	9 weeks	Fee: \$68
	Jan 14-Mar 10	Weds	3:30-4:15 pm	9 weeks	Fee: \$68
			,		

Kids will enjoy making their own tiles, garden art, treasure bowls and more. Students are encouraged to be creative and experiment with texture, shapes and color. *All materials are* included.

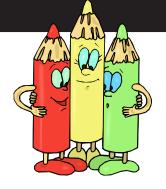
Instructor: Amanda Wilton-Green. Minimum: 5 / Maximum: 8

Youth Art Classes

Art for Kids Fall:		Ages 7-9				
	Sept 16-Nov 4	Tues	4:30-5:45 pm	8 weeks	Fee: \$100	
	Fall Mini Session:		4.20 5.45	<i>5 1</i> -	F #0F	
	Nov 18-Dec 16 Winter:	Tues	4:30-5:45 pm	5 weeks	Fee: \$65	
	Jan 13-Mar 9	Tues	4:30-5:45 pm	9 weeks	Fee: \$115	
	Art for Kids		Ages 10-12			
	Art for Kids Fall:		Ages 10-12			
		Thurs	Ages 10-12 5:00-6:15 pm	8 weeks	Fee: \$100	
	Fall:		•	8 weeks	,	
	Fall: Sept 18-Nov 13		•	8 weeks 5 weeks	Fee: \$100 Fee: \$65	
	Fall: Sept 18-Nov 13 Fall Mini Session:		5:00-6:15 pm		,	
	Fall: Sept 18-Nov 13 Fall Mini Session: Nov 20-Dec 18		5:00-6:15 pm		,	

This unique Art Class will introduce the fundamentals of art and art history through techniques used by masters, including Kahlo, Cezanne and Matisse. Lessons begin with introduction of an artist using images, storybooks, anecdotes and historical context with the bulk of time spent making projects. Kids will be actively involved in looking at art and creating their own masterpieces! *New projects in winter session.* Instructor: Amanda Wilton-Green.

Minimum: 6 / Maximum: 8



Spanish Language Art Class

Fall: Oct 3-Nov 14	Fri	3:30-5:00 pm	7 weeks	Fee: \$100
Winter: Jan 30-Mar 12	Fri	3:30-5:00 pm	7 weeks	Fee: \$100

In this 7 week class, children ages 6-9 will learn Spanish and arts through a variety of hands-on workshops. Each workshop is 90 minutes in length and will be held after school. The skills learned throughout the program will be integrated into a final presentation where students will work together to share their new art and language skills with family and friends. The instructors involved in this program are natives of Mexico and have 15 years of experience conducting arts and crafts workshops.

Youth Sports and Fitness

Youth Tennis

Fall: Sept 16-Oct 9 4 weeks Age 7-11 Tues/Thurs 4:00-5:00 pm Beg/Advanced Beg Tues/Thurs 5:00-6:00 pm Age 10 & up Int/Advanced

This program is for young people who want to enjoy tennis by challenging themselves to achieve their own level of mastery. The key to learning will be FUN drills and games and a praising environment to thrive in. Instructor Scott Daniel, USPTA certified professional.

Minimum: 5/Maximum: 12.

Indoor Nerf Soccer (Fall: 5 weeks / Spring: 7 weeks)

Ages 5-6

Fall Registration:



Walk-in only: Aug 26-Sept 2 \$25 Practices begin: Sept 8-12 Games begin: Sept 12-Oct 10

Spring Registration:

Walk-in only: Mar 22-Apr 2 \$30 Practices begin: April 19-22

Games begin: April 30-June 13

IMPORTANT: Please pick up special sports registration forms at Laurelhurst Community Center

Nerf soccer is a modified soccer game played in the gym with a soft nerf ball. This recreational and instructional program for boys and girls emphasizes fundamental soccer skills, participation, team work and fun. Games are held on Fridays. Fee includes team t-shirt.

Volunteer Coaches Are Needed!

Girls Basketball **Skill Clinic**

Skills and fundamentals taught at this clinic are aimed toward building a sound, all around game. The clinic will be instructed by Darin Olsen, former four-year letterman of Roosevelt High School '95-'98.

The clinic will last for four weeks and is limited in space.

Cost: \$25 Sat., Oct. 4, 11, 18, 25 10:00 am-12 Noon

The girls (grades 4-6) who should attend this clinic are the ones who want to get ready for basketball season and/or have hopes to play high school basketball some-

Lil' Tikes Starter Sports Series

The lil' boy/girl in the family will have the opportunity to learn the basic fundamental skills to get him/her started on their budding sports interests.

Registration for Lil' Tikes is by mail only and begins Aug. 25 for Fall and Dec. 15 for Winter quarter. We will not accept any registration prior to these dates. Registrations postmarked prior to these dates will be processed after all other mailin registrations.

Lil' Tikes Basketball

Age 4 Thurs. 3:00-3:45 pm, 4:00-4:45 pm, 5:00-5:45 pm Fall: Oct 9-Nov 13 6 weeks \$30 Winter: Jan 29-Mar 4 6 weeks \$30

Lil' Tikes Soccer

Age 4 Tues 3:00-3:45 pm, 4:00-4:45 pm, 5:00-5:45 pm Fall: Oct 7-Nov 25 6 weeks (No class Nov 4 & 11) Winter: Jan 27-Mar 2 6 weeks \$30



Little Dragons Karate

3:45-4:15 or 4:30-5:00 6 weeks Mon or Weds Fall Session #1: Mondavs Sept 22-Oct 27 Wednesdays Sept 24-Oct 29 Fall Session #2: Mondays Nov 10-Dec 15 Wednesdays Nov 12-Dec 17 (No class Nov 26)

Winter Session #1: Mondays Jan 5-Feb 9

(No class Jan 19) Wednesdays

Jan 7-Feb 11 Winter Session #2: Mondays Feb 23-Mar 29 Feb 25-Mar 31 Wednesdays

Little Dragons Karate focuses on improving preschool-age children basic motor and listening skills. Your child will learn how to work with others and follow directions. This class will enhance positive development in a fun and motivating way while preparing your child for the Kids Karate class. A uniform is required and may be purchased through the instructor, Chris Herrman. Students may register for both days.

Minimum: 10/Maximum: 20

2003/Winter 2004 Fall PAGE 7

Gym Activities

(206) 684-7531

GENERAL HOURS OF OPERATION: Mon-Fri 4:00-10:00 pm Sat 12:00-5:00 pm Closed Sundays

4533 - 47th Ave NE (Laurelhurst Elementary Gymnasium)

MONDAYS:

4:00- 6:30 PM Indoor Nerf Soccer Practices (see pg. 7)

Sept-Oct

4:00-9:00 pm Basketball Practices (see below)

Nov.-March

TUESDAYS:

4:00- 6:00 pm Indoor Nerf Soccer Practices (see pg. 7) Sept-Oct Basketball Practices (see below) Nov -Mar 4:00-10:00 pm

7:00- 9:00 pm Free Shoot - Sept-Oct

WEDNESDAYS:

4:00- 6:00 pm Indoor Nerf Soccer Practices (see pg. 7) Sept-Oct 4:00-10:00 pm Basketball Practices (see below) Nov -Mar

7:00-9:00 pm Volleyball League Sept-Oct



THURSDAYS:

4:00- 6:30 pm Indoor Nerf Soccer Practices (see pg. 7) Sept-Oct

4:00- 9:00 pm Basketball Practices (see below) Nov -March

7:00- 8:00 pm Teen Free Shoot Sept-Oct 8:00-9:00 pm 35+ Men's B-Ball Open Gym

(first 15 players) Sept-Oct

9:00-10:00 pm 35+ Men's Basketball Open Gym Nov-March

FRIDAYS:

4:00-9:00 pm Indoor Nerf Soccer Games Sept-Oct 4:00-9:00 pm Basketball Games (see below) Nov-Mar 4:00-9:00 pm Free Shoot, Sept-Mar (depending on programs)

SATURDAYS: (subject to change)

B-Ball Cinics Oct 10:00-2:00 pm 10:15-4:45 pm Open Gym - Oct

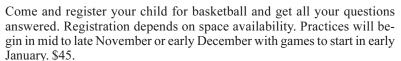
9:00-5:00 pm Baskeball Practices - Nov-Dec 9:00-5:00 pm Basketball Games - Jan-Mar

SUNDAYS: CLOSED

Above The Rim Hoopaholics Basketball

Youth Basketball

Bovs Teams: ages 8. 9. 10. 11. 12. 13. 14. 15. 16-17 Girls Teams: ages 8, 9, 10, 11, 12, 13, 14-17 Registration begins: Saturday, October 11 9:00-11:00 am at Laurelhurst Community Center



Hoops for the Short Shot

Ages 6, 7 Teams are separate for boys and girls Registration begins: Sept 18 \$40 Practices TBA begin week of: Oct 13

A basketball starter class for boys and girls. The emphasis of the program will be on learning basketball fundamentals such as dribbling, shooting and passing. Participants will practice one day a week with scrimmages scheduled to begin on Fridays in late October or early November. Parents may register their child only. T-shirt included. Practice days and times will be available by registration date.

Coaches **Clinics**

For Teens and Adults Saturday, Nov 1 9:30 am-11:30 am

FREE! Learn how to effectively use practice times. Drills for fundamental skills, and team offense and defense. Useful drills for beginning to advanced players, for

both boys and girls. Open to all coaches. Instructed by Greg Kalina, Head JV Coach/ Assistant Varsity Coach at O'Dea High School, '97 AA Boys State Champions. Clinic will be held at Ravenna Eckstein Community Center. Call 684-7534 to preregister!



Free

Youth/Teen Sports and Fitness

Kids Karate (ages 7-12)

Mon or Weds 5:10-6:00 pm 6 weeks \$59 Fall Session #1: Mondays Sept 22-Oct 27 Sept 24-Oct 29 Wednesdays Mondays Nov 10-Dec 15 Fall Session #2: Nov 12-Dec 17 Wednesdays

(No class Nov 26)

Winter Session #1: Mondavs Jan 5-Feb 9

(No class Jan 19)

Jan 7-Feb 11 Wednesdays Winter Session #2: Feb 23-Mar 29 Mondays Wednesdays Feb 25-Mar 31

Kids Karate is a fun, safe, and effective way to develop your child's character, mind, and body. Well-planned drills and games are incorporated for exciting classes which develop reflexes, coordination, strength, flexibility, self-discipline and self control. Your child's confidence and concentration will improve which results in improvements in school and at home. A uniform is required and may be purchased through the instructor, Chris Herrman. Students may register for both days. Minimum: 15/Maximum: 20

Teen and Adult Martial Arts (ages 13+)

Mon or Weds 7:10-8:00 pm 6 weeks Fall Session #1: Mondays Sept 22-Oct 27 Wednesdays Sept 24-Oct 29 Fall Session #2: Mondays Nov 10-Dec 15 Wednesdays Nov 12-Dec 17

(No class Nov 26)

Winter Session #1: Mondays Jan 5-Feb 9 Wednesdays Jan 7-Feb 11

(No class Jan 19)

Feb 23-Mar 29 Winter Session #2: Mondays Feb 25-Mar 31 Wednesdays

Teen and Adult Martial Arts is a great way to challenge yourself mentally and physically in a fun and safe atmosphere. This class offers practical self-defense skills, a varied fitness program, a healthy way to release stress. A uniform is required and may be purchased through the instructor, Chris Herrman. Students may register for both days

Minimum: 15/Maximum: 20

Fitness Kickboxing (ages 13+)

Mon or Weds 6:10-7:00 pm 6 weeks \$59 Fall Session #1: Mondavs Sept 22-Oct 27 Wednesdays Sept 24-Oct 29 Fall Session #2: Mondays Nov 10-Dec 15 Nov 12-Dec 17

Wednesdays (No class Nov 26)

Winter Session #1: Mondays Jan 5-Feb 9

> (No class Jan 19) Wednesdays

Jan 7-Feb 11 Winter Session #2: Mondays Feb 23-Mar 29 Feb 25-Mar 31 Wednesdays

Fitness Kickboxing is a great workout for men and women which incorporates elements from the martial arts, boxing and kickboxing. This class combines technicques in the air (aerobic, cardiovascular) and techniques on the pads (anerobic/muscular) to provide a total body workout. With regular attendance this class will improve strength, muscle tone, flexibility, endurance, coordination, speed and balance for both the novice and seasoned athlete. Instructor: Chris Herrman. Students may register for both days.

Minimum: 15/Maximum: 20



A healthy way to release stress and have fun at the same time!



TEEN SCENE

TEEN PROGRAMS FAIL 2003/WINTER 2004

- Join the Teen Advisory Council and help plan programs at Laurelhurst Community Center Gain Leadership Experience
- Teen-only Basketball Free-Shoot, Tuesdays 4-5 pm & Thursdays, 7-8 pm
- Environmental Stewardship Education
- Service Education
- Community Involvement
- Volunteer Opportunities
- Teen Arts
- Participate in special events

For more information call Susie Malmquist or Noel Diaz at 684-7531

TEENS ... "Make Your Mark" on the Burke Gillman Trail -Teens are encouraged to assist the Seattle Parks & Recreation Dept. and Starbucks with a volunteer project at several locations along the Burke Gillman Trail. The date is Saturday, Sept. 13. The volunteer time is 12:30-3:30 pm. Contact Susie Malmquist at 684-7588 for more details.

Fall 2003/Winter 2004

SPECIAL EVENTS



• Bonfire – 6:00-8:00 pm

Come and join us for a fun-filled night of activities. Carnival and haunted house at Laurelhurst Elementary School Gymnasium. Kids are encouraged to come in costume. The carnival is appropriate for pre-school through elementary school and the haunted house is for the "brave at heart." Hayrides, Bonfire at Laurelhurst Park.





Join Us for Some Holiday Fun!

The Christmas Ship

Thursday, December 18 6:50-7:20 at Magnuson Beach

Gather your friends, enjoy the bonfire, free refreshments, hear the choir and see the Christmas ship at Magnuson Beach.

Adult Activities

Adult Ceramics



Wheelforming/Handbuilding

Fall Session:	Sept 16-Nov 4	Tuesdays	
	8 weeks	6:00-8:30 pm	\$180
	Sept 18-Nov 13	Thursdays	
	9 weeks	9:00 am-11:30 am	\$200
Fall Mini Session:	Nov 18-Dec 16	Tuesdays	
	5 weeks	6:00-8:30 pm	\$115
	Nov 20-Dec 18	Thursdays	
	5 weeks	9:00 am-11:30 am	\$115
Winter Session:	Jan 13-Mar 9	Tuesdays	
	9 weeks	6:00-8:30 pm	\$200
	Jan 15-Mar 11	Thursdays	
	9 weeks	9:00 am-11:30 am	\$200

The small class size provides the opportunity to structure the class to fit the levels and interests of enroled students. On the first day of class, handbuilding or wheelforming can be chosen as a focus for all sessions and we'll go from there. Plan on reserving at lease one other block of time to practice and create during the week. The studio is available when center is open and no other class is in session. First bag of clay and tools provided. Please bring a small notebook to class. Instructor is Amanda Wilton-Green. Minimum/Maximum: 4.



Adult Ceramics: Ceramic Glazes

Fall Mini Session: Nov 18-Dec 16 Tuesdays

5 weeks 6:00-8:30 pm \$115 Nov 20-Dec 18 Thursdays

5 weeks 9:00 am-11:30 am \$115

Learn about glazes and surface treatments in this five week session. Students will understand basic components of ceramic glazes and will then test out several recipes. Bring any bisqueware that you have or practice on tiles!

Tuesday instructor: Chloe Rizzo

Thursday instructor: Amanda Wilton-Green

Minimum: 3/Maximum: 6

Bridge

Thursdays 1:00-2:30 pm

8 weeks \$38 adults/\$30 seniors (55 & over)

Fall: Instructor & dates TBA Winter: Instructor and dates TBA

There will be no charge for bridge play unless there is an instructor.



Adult Volleyball

Adult volleyball "B" League play is offered in the Fall and Spring. Games are played on Wednesdays at 6:30 and 8:00 pm at Laurelhurst Elementary School Gym. Fall league games begin Sept 10 and run until early to mid November. A \$100 non-refundable deposit is due by August 27, in order to hold a place for your team. The total league fee runs about \$225 depending on the number of teams.



Fitness Kickboxing (ages 13+) 6 weeks \$59

 Mon or Wed
 6:10-7:00 pm

 Fall Session #1:
 Mondays Wednesdays
 Sept 22-0ct 27 Sept 24-0ct 29

 Fall Session #2:
 Mondays Mondays Wednesdays
 Nov 10-Dec 15

 Wednesdays
 Nov 12-Dec 17

(No class Nov 26)

Winter Session #1: Mondays Jan 5-Feb 9
(No class Jan 19)

Wednesdays Ó Jan 7-Feb 11

Winter Session #2: Mondays Feb 23-Mar 29 Wednesdays Feb 25-Mar 31

Fitness Kickboxing is a great workout for men and women which incorporates elements from the martial arts, boxing and kickboxing. This class combines technicques in the air (aerobic, cardiovascular) and techniques on the pads (anerobic/muscular) to provide a total body workout. With regular attendance this class will improve strength, muscle tone, flexibility, endurance, coordination, speed and balance for both the novice and seasoned athlete. Instructor: Chris Herrman. Students may register for both days.

Minimum: 15/Maximum: 20



Adult Fitness



Beginning Pilates Matwork

Tuesdays 10:30-11:30 am

Fall: Sept 23-Dec 16 11 classes \$66 Adults/\$55 Seniors

(No class Nov 11)

Winter: Jan 6-Mar 30 12 classes \$72 Adults/\$60 Seniors

(No class Feb 17)

Bring your baby or young child with you to class. While all are welcome, this hour is especially for parents who want to keep their children with them. Please remember to bring quiet toys and activities for your child.

The perfect companion to aerobic & flexibility fitness programs, the Pilates Method matwork will help you develop core muscle stability and strength. Learning Pilates is a process that requires regular attendance. It is especially important to attend the first two classes. If you know that you will be unable to commit to regular attendance, please consider registering for a subsequent quarter. Bring water to drink and wear loose but not baggy clothing. Exercises are done without shoes. Instructor, Barbara Dick, is trained & certified to teach a variety of fitness and movement methods.

Minimum: 7 / Maximum: 10

Pilates Method: To The Core For More*

Tuesdays 9:15-10:15 am

Fall: Sept 23-Dec 16 11 classes \$66 Adults/\$55 Seniors

(No class Nov 11)

Winter: Jan 6-Mar 30 12 classes \$72 Adults/\$60 Seniors

(No class Feb 17)

The perfect companion to aerobic & flexibility fitness programs, the Pilates Method matwork will help you develop core muscle stability and strength. Bring water to drink and wear loose but not baggy clothing. Exercises are done without shoes. Instructor, Barbara Dick, is trained & certified to teach a variety of fitness and movement methods.

* This class is for students who have taken Pilates matwork before and know the names and how to perform the exercises. Rather than receive basic instruction students will refine their technique. Minimum: 7 / Maximum: 15.

Do Your Body a Favor -Sign Up for a Fitness Class. It's Fun and It's Healthy!

Senior Aerobics

Thursdays 9:00-10:00 am **Fall:** Oct 7-Dec 16 \$18/1-day/week

(No class Nov 4 & 11) Winter: Jan 6-March 16

This low-impact aerobics class is adapted especially for senior women and men, and is taught by certified instructors. Join in and enjoy the health-giving benefits of staying active

To register, call (206) 386-9106, then send a check (payable to SAAC) accompanied by a note stating site/class for which you are paying to the following address:

Senior Adult Programs/Attn: Jayla 8061 Densmore Ave N Seattle, WA 98103



Dynamic Stabilization

Fridays 9:15-10:15 am

Fall: Sept 26-Dec 19 12 Classes \$66 Adults/\$55 Seniors

(No class Oct 10 & Nov 28)

Winter: Jan 9-April 2 12 Classes \$66 Adults/\$55 Seniors

(No class Feb 13)

This class will help you find and develop your dynamic center using the unstable surface of a ball. Join us because it's fun and you'll laugh a lot! Participants need to have the right size ball for their height. Look for "anti-burst" or "burst resistant" balls for safety. Please come with it fully inflated according to the manufacturer's directions. You will also need a 9-12 inch diameter ball and a 5-6 foot stretchy fitness band. A cautionary note: Working on an unstable surface increases the risk of falling. If you have any health condition that requires you to avoid this risk, this class may not be your best choice. If you have questions, please get the instructor's number from the community center.

Instructor: Barbara Dick. Minimum: 7/ Maximum: 15.

Stretch, Strengthen & Lengthen

Tues/Fri 8:00-9:00 am

Fall: Sept 23-Dec 19 21 classes \$126 Adults/\$105 Seniors

(No class 10/10, 11/11, 11/28)

Winter: Jan 6-April 2 24 classes \$144 Adults/\$120 Seniors

(No class Feb 13 & 17)

Come and move your body from head to toe. We'll focus on strengthening via body weight resistance and rubber stretch bands, maintaining normal range of motion with gentle

stretching and lengthening the body through techniques borrowed from the Pilates Method. Balance work and coordination activities are also included. Bring a water bottle and comfortable clothing. Minimum enrollment: 7

Adult Fitness (Con't.)

AM Aerobics and Conditioning

Mon/Wed/Fri 7:35-8:35 am

Fall: Sept 8-Dec 17 43 classes \$236 Adults/\$194 Seniors

(No class Nov 28)

Winter: Jan 5-Mar 31 34 classes \$187 Adults/\$153 Seniors

(No class 1/19, 2/16, 2/18, 2/20)

Instructor Liz Valauri leads a fun class in which you can participate in a low, medium or medium/high level of intensity. The class consists of warm-up, aerobic combinations, conditioning and strengthening, and stretching and relaxation. Good alignment and body mechanics are stressed. Liz is ACE certified. She is also a Certified Laban/Bartenieff Movement Analyst. Location: Laurelhurst Elementary School Gym.

Teen and Adult Martial Arts (ages 13+) 6 weeks \$59

Mondays or Wednesdays 7:10-8:00 pm See page 9 under Teen & Adult Martial Arts for dates.

Teen and Adult Martial Arts is a great way to challenge yourself mentally and physically in a fun and safe atmosphere. This class offers practical self-defense skills, a varied fitness program, a healthy way to release stress. A uniform is required and may be purchased through the instructor, Chris Herrman. Min5/Max 20



Tai Chi Chuan

Monday 1:00-2:00 pm Adults \$30/mo; Seniors/\$25/Mo.

Tai Chi Chuan & Qigong – Yang style short form in the Cheng Mun Ching tradition will be taught as well as various Qigong exercises designed to increase breath capacity, and in relaxation and stress reduction, balance and centering. New class begins the first Monday of each month. Instructor: Ken Wright.

Senior Yoga and Meditation

Tuesdays 8:00 am \$22-1 day a week

Fall: Oct 7-Dec 16 (No class Nov 4 & 11) Winter: Jan 6-March 16

Learn to relax your body, free your mind, and deepen your spirit. This class will focus on gentle stretching to keep you limber and build muscles. All skill and fitness levels welcome.

To register, call (206) 386-9106, then send a check (payable to SAAC) accompanied by a note stating site/class for which you are paying to the following address:

Senior Adult Programs/Attn: Jayla 8061 Densmore Ave N Seattle, WA 98103



Int/Adv 7:00-8:00 pm

In these one hour lessons we'll improve your all around court game through fun drills and situations. The beginning/advanced beginning class will emphasize stroke fundamentals: forehand, backhand, volley, serve, lob and overhead. In the intermediate/advanced class we will deepen your game

with shot selection, transition skills (e.g. approaching net after serve, lateral volley coverage) and game strategies. Instructor Scott Daniel, USPTA certified and fossional

fied professional.

Minimum: 5/Maximum: 8

Laurelhurst Women's Tennis Flights

Fall tryouts are scheduled on August 27 at noon and if rain then on August 28 at noon. Fall Flights are scheduled to begin the week of September 8th. There will be a fee of \$20.00 per player for each seven-week session. Make checks payable to LAC.



Laurelhurst Fiorini Fall Doubles Classic Tennis Tournament

Sat & Sun Sept 13 & 14

Events: Mens, Womens and Mixed Doubles

Levels: 3.0, 3.5, 4.0, 4.5

Cost: \$16 each

Contact: Tom Caldwell, 283-7075. E-mail - tfc10spro@aol.com





Adult Music and Dance



African Dance and Drumming

Tuesdays 7:15-8:45 pm
Fall: TBA 8 classes \$75/public
(No class Nov 6) (UW Student Discount)
Winter: TBA

African dance with live drumming is an exhilarating form of dance and exercise. It teaches your body to move in rhythm with control and relaxation. These skills may be applied to all types of popular dance. Won-Ldy Paye, the instructor, is an accomplished Liberian artist performing locally and nationally. African drumming for the dancers will be provided. To register, please contact the UW Experimental College, 543-4375, or mail in this brochure's form.

Minimum enrollment: 12



Flute/Recorder Instruction



Private instruction. Flutist Trudy Sussman Antolin will teach half-hour lessons. Times arranged with instructor.

Saxophone Instruction

Days & Times: TBA
Fall: Sept 16-Nov 25 10 weeks
Winter: Jan 6-Mar 9 10 weeks

Private instruction. Instructor Bob Antolin will give half-hour lessons. Times arranged with instructor.

Piano Lessons

Fall: Sept 16-Nov 25 Tuesdays 2:00-7:30 pm Winter: Jan 6-March 19

Tuesdays 2:00-7:30 pm

Explore classical and contemporary music, and music theory as you learn to play the piano. Students of all levels will receive personalized half-hour lessons. Space is limited. Instructor: Trudy Sussman

Antolin.





10 weeks

10 weeks



\$140 \$140

\$140



Policies and Procedures



2003 Budget: What It Means for Your Community Center

The City of Seattle anticipates bringing in \$63 million less in revenues in 2003 than in 2002. This has resulted in almost \$5 million of budget cuts in Seattle Parks and Recreation. One reduction in the 2003 budget the City Council adopted on November 18 will mean your community center will be open fewer hours per week. Beginning January 2, 2003, basic operating hours for the center will be 1 p.m. to 9 p.m. Each center will also be open an additional six hours (to be determined) on weekday mornings, and will continue to be open 10 a.m. to 5 p.m. on Saturdays in the fall, winter and spring. The center is available beyond these hours on a fee basis.

For 2004, possible additional budget cuts may result in further changes in the hours of operation starting January 2. Please stand by and thank you for your understanding.

Fees and Charges

The programs and activities listed in this brochure are provided by the Laurelhurst Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to offset the costs of these programs. The Advisory Council fees listed here include a recreation participation fee of 1.6% which is paid to the Department of Parks and Recreation for each adult youth and senior registered in a program; or for each athletic game as applicable. The Department uses the latter funds to defray the overall operation expenses. Class and program fees listed in this brochure include sales tax where applicable in accord with current provisions of the State Tax Code enacted by the State Legislature.

Refunds and Credits

It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council to issue a full refund to participants who register for a program that is canceled by the Department. In the event of an unplanned cancellation of a single class meeting, that meeting will be rescheduled. If the class cannot be rescheduled, participants will receive a credit.

If a participant drops a class or program for which he or she is registered prior to the second session of a series, the course fee will be refunded less \$5 or 10 percent of the fee (whichever is greater). When special circumstances exist which force the participant to drop out of a class, a credit voucher for the value of the remaining classes, may be approved by the program coordinator. Refunds for trips, camps and events, less non-refundable charges, may be issued up to a week prior to the date of the event. Cancellations less than one week prior to an event will not be refunded for any reason.

Anti-Discrimination

As a matter of policy, law and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis or race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap – (Seattle Municipal Code 18.12.280).

ADA Compliance

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call 684-7529 or TDD only 233-7061. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rental Information

Laurelhurst Community Center, located in beautiful Laurelhurst Park, overlooks Lake Washington to the east and Portage Bay to the Southwest. This and breathtaking views of the Cascade and Olympic mountains make this a popular place for social functions. The center features a brick Tudor building, maple wood floor, small kitchen, ceiling-high brick fireplace, large windows, ceiling fans, and adjustable dimmer lights.

Laurelhurst Park is a pleasantly landscaped 13+ acre neighborhood park featuring a large children's play area with adjacent picnic areas, ½ mile walking path, tennis courts, softball fields, soccer field and open spaces for small or large social functions.

Available mostly weekends, the Center accommodates groups up to 120 people; the Park up to 300 people. A limited number of tables and chairs are available for no extra charge. Please take a peek at these facilities either before or after booking your reservation to make sure they suit your needs.

Call 206-684-7529 to reserve the Community Center.

Call 233-7068 to reserve Laurelhurst Park.

Fall 2003/Winter 2004 PAGE 15

Laurelhurst Community Center Mail-In Registration Form

Participant's Name	M/F	B-Day	Class Name	Day	Time	Dates	Fee
						Total:	
I am paying by: ☐ Check	∐ Vi:	sa ∟N	MasterCard Exp. Date	:/			
Credit Card #:			Signature	e:			
Street Address:			City/State/	Zip:			
Phone (day):		(N	ight):	(Em	ergency):_		
I hereby give my consent for cosponsored by the Laurell of Parks and Recreation, the program responsible for any The undersigned and the ababove program(s) and here personnel in charge of the program o	nurst A e Depa y injuri oove-n by agre	dvisory artment's les, dama amed par ee to com	Council and declare that I very employees, Advisory Counge or personal loss incurred tricipant(s) are aware that s	vill not ho ncil, or an d while par afety regu	ld the City of y volunteer rticipating i lations are	of Seattle, Do associated v n said progra applicable to	epartment with the sam(s).
Signature (parent or guardia	an)	– Prii	nted Name	Relatio	nship	Date	

Information & Instructions for form above - keep bottom portion

Mail registration to 4554 NE 41st, Seattle, WA 98105. Registration must include a check/money order payable to Laurelhurst Advisory Council or Credit Card information.

- Mail-in registration is done by lottery selection and class enrollment is limited. Please note your first and second class selections on your registration forms to facilitate processing should your first class selection be filled.
- ◆ Mail-in registration must be post marked no sooner than **Aug 25** for *Fall* and **Dec 15** for *Winter* quarters. Registration received prior to these dates will be processed after the first day of mail-in registration.

Walk-in registration for *Fall* begins **Sept 8** 11:00 am, and for *Winter* **Dec 29**, 11:00 am.

◆ <u>There will be no phone/written confirmation</u>. Registrants will ONLY be notified if they do not get enrolled in a class. In this event they will be placed on a waiting list. Refunds will be issued by mail for those who do not get into a class.